



# rEAP the Benefits

Your Employee Assistance Program 1-800-308-4934

## Special February issue of rEAP the Benefits



March is a special month for EAP as it is our EAP Awareness month! Throughout the month you will receive tips, information and 'did you know' articles about EAP. Our goal is to reach out to members across the state about the EAP program, benefits and opportunities so

our members are better informed about all the practical ways your Employee Assistance Program can help you live a better life.

This year we decided to add something new for March - You Pick! We have selected four seminars but we want our members to decide which two seminars are featured. These seminars will be statewide and offered throughout the entire month.

The descriptions of the seminars are listed in this issue and a link so you can vote for your favorite is below. Please take a minute to look over the descriptions and participate because it is our goal to provide EAP information and services which are of benefit to our members. Voting will end on Tuesday, February 22, 2011. The winning seminars will be announced the next day along with the registration link.

**To vote for the EAP seminar you would like to see in March go to our website at [www.tn.gov/finance/ins/eap.html](http://www.tn.gov/finance/ins/eap.html). Click on the You Pick! link at the top of the page.** Thank you for participating in our special March EAP You Pick! project.

***Your Employee Assistance Program is available to you 24/7, simply call 1.800.308.4934 for confidential assistance provided at not cost to you.***

### **The You Pick EAP Seminars and Descriptions:**

#### **Managing the Emotional and Financial Stress of Today's Economy**

Stress can be caused by a physical, emotional or environmental experience that disrupts your life pattern. If your income has dropped you must cope with this major worry as well as with the daily reminders - bills, clothing needs, medical treatment or school supplies. In this training, participants learn tips for managing their well-being in today's economy.

#### **Opting for Happiness: A Lifestyle Choice**

Our culture often focuses on what possessions can make us happy such as a big house, money, expensive jewelry or clothes. Yet people often find that they continue to be unhappy. This training highlights happiness as a frame of mind that we 'choose' to embrace rather than resulting from external circumstances.

#### **Parenting and the Power of Positive Discipline**

The more effective you become at encouraging appropriate behavior, the less time and effort you'll have to spend correcting misbehavior - and who doesn't want that? This training will address several positive parenting techniques such as modeling, prevention and the use of natural and logical consequences.

#### **Bringing out the Best in Others:**

Positive, healthy relationships sometimes seem to develop with little or no effort at all. Most of us probably have relationships in which we just "click" with the other person; it's easy to recognize their strengths and to bring out the best in them. Others can be more challenging. Some people may frustrate, anger or annoy us so it can be hard to see the strengths in those people, yet sometimes they are integral parts of our work or personal life. This training focuses on creating win-win situations by emphasizing the need to recognize individual assets rather than deficits. The skills used to bring out the best in others and also ourselves will enhance our relationships both at home and work.